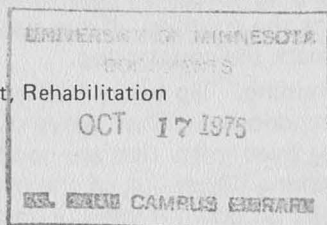


ABILITY -- not disability

With One Arm

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with JOYCE WASCOE, Rehabilitation Assistant



Special techniques and devices make homemaking easier for the person who has use of only one arm. Whether the disability was there at birth or caused by an accident or stroke, all one-armed persons can use these techniques. These ideas should not keep you from devising your own equipment and methods. People often can find a way that works best for them.

Special Techniques

Memory. If you have had a stroke, other portions of the brain besides those that control arm and leg movements may have been affected. Frequently memory is a problem. Write notes to yourself about appointments and about times for dishes to come out of the oven. Always set the timer when you have something cooking on the stove.

Dip Method. Dip flour and sugar from canisters with a measuring cup instead of spooning it out. It's easier.

Cracking Eggs. The secret of cracking an egg with one hand is the way the egg is grasped. Hold the egg at the base of the fingers (not in the palm of the hand). The thumb and forefinger grip one end of the egg with the second finger holding near the base.

Crack the egg sharply on the edge of the bowl between the first and second fingers. Hold the egg over the dish immediately.

Pull the fingers in opposite directions and the shell will open as though it were on a hinge.

Can Opener. It is possible to teach yourself to use a standard electric can opener. Bracing the can against the cutting blade with sponges underneath is one method. It can also be done by holding the can while pressing the top control with a free finger.

Stirring. A wet dish cloth will hold a bowl steady while it is stirred.

Opening Packages. Use a knife or scissors to open packages. Left-handed scissors are available.

Brace packages against your body when you pry open the top.

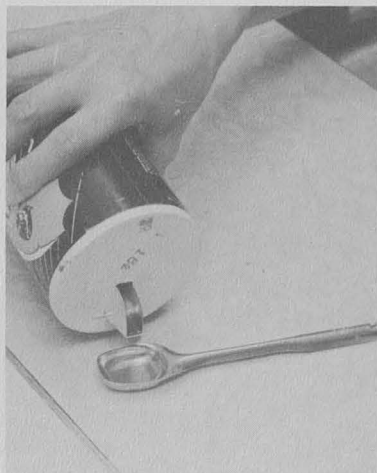
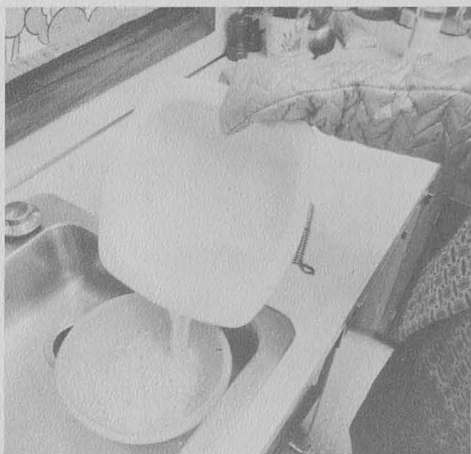
Buy packages with pull tabs that are easy to open. Brace them against your body or in a drawer and pull the tab open.

Use your teeth to open a package with pull tape or open it part way with a scissors and rip it the rest of the way.

Filling pans with water. A hose at the sink is valuable for filling heavy pans on or close to the range so they do not have to be moved far. When sliding pans, it is best to have the range or surface unit at the same height as the counter. If the pan is hot, slide it onto a hot pad first, so it won't mark the counter top.

Draining. Tip heavy kettles into a colander in the sink to drain vegetables or noodles. Wear heavy oven mitts when you do this. You can order long oven mitts that are good for use in the oven from Miles Kimball. When taking dishes out of the oven, it is handy to have a counter next to the oven. Sit down if you are unsteady on your feet.

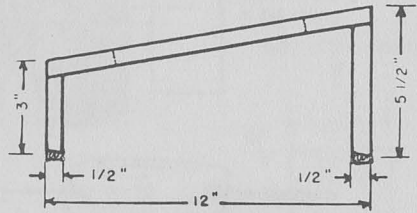
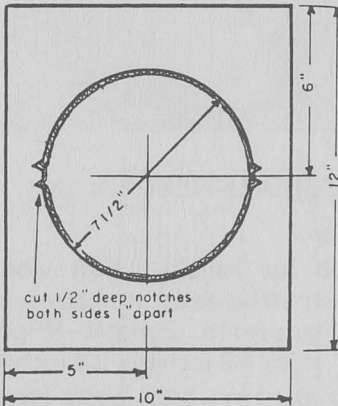
If just a small quantity of vegetables has to be drained, a slotted spoon can be used right at the range.



Special Equipment

Flat measuring spoons with raised handles that lie flat can be used for measuring without being held. Push the handle over the edge of the counter to make them easy to pick up. They may be purchased in most hardware stores.

A bowl holder grips a bowl firmly so that even heavy doughs can be stirred with one hand. Notches at the sides hold the bowl on its side while the dough is scraped out. A holder can be put on a stand or it can be made on a flat board that fits over a drawer. The hole can be made to fit any size bowl. Any bowl with a rim wide enough to catch firmly into the notches is satisfactory. Unbreakable plastic or stainless steel is better than glass or china and usually has a better rim.



OTHER MATERIALS NEEDED:

Pieces of 1/2 inch-thick plywood

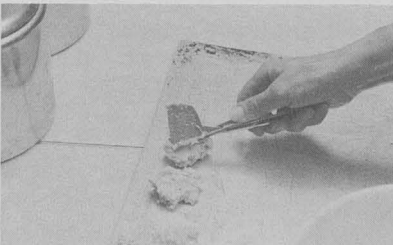
Nails

Sponge rubber stripping (weather stripping)
3/8 inch wide and 5/16 inch thick

Waterproof adhesive.

DIRECTIONS:

Cut the plywood to the diagram measurements and nail together. The bowl opening may need to be changed to fit the size of the bowl. Glue the rubber weather stripping around the bowl opening and across the lower edges of the frame to prevent slipping.



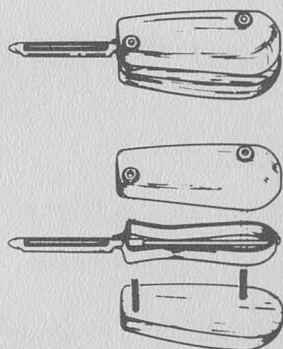
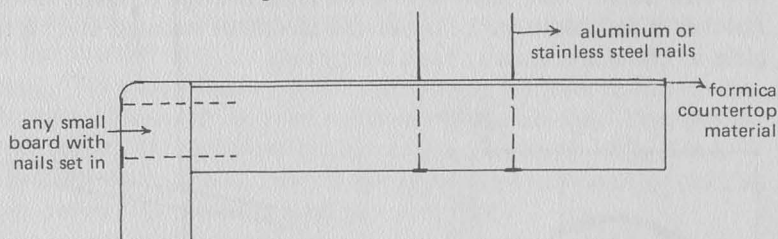
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Cookie Dropper. A cookie dropper cuts off just the right amount of dough and drops it onto a cookie sheet with the use of only one hand. It can be purchased in most hardware stores.

Nail Board. With the use of a nail board vegetables can be peeled and sliced with one hand. Place wax paper or plastic wrap over the nails first to save clean up.

A small piece of wood is attached at the edge to fit snugly against the counter and hold the board in place. Suction cups could also be used.

Large Handled Peeler. A large handled peeler is easier to grasp for anyone with hand problems. A stroke patient could possibly use the affected hand with such an enlarged handle.



MATERIALS NEEDED:

Peeler

Wood for handle. Soft wood (pine) is easier to shape than hardwood. 2 pieces— $\frac{1}{2}$ inch thick x 2 inches x $3\frac{1}{2}$ inches.

Two flat-head brass bolts (brass won't rust) size $\frac{3}{16}$ inch x $1\frac{1}{2}$ inches long.

Two brass nuts to fit the bolts.

METHOD:

Mark the wood pieces for bolt placement.

Bore holes for bolts. Countersink bolts and nuts.

Insert bolts through wood and peeler handle. Tighten nuts on the other side of the handle.

Sharp Knives. Sharp knives are important especially when a person can use only one hand. A serrated knife is best for slicing because it grips the vegetables.

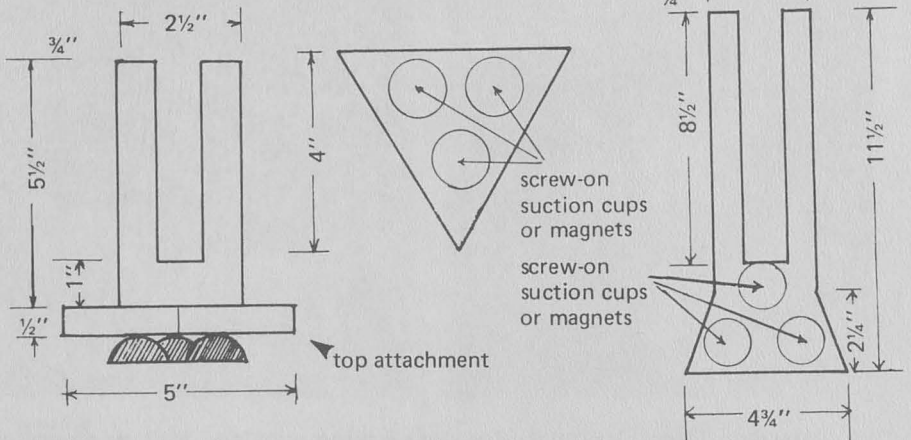
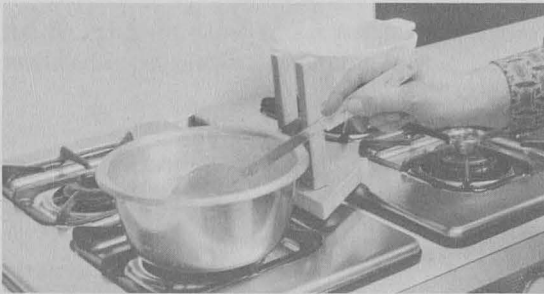
Pastry Blender. A pastry blender serves another function as an egg chopper.

Electric Can Openers. Electric can openers can be ordered for the one-handed. They can be purchased from Fashion Able.*

Jar Opener. A V-shaped jar opener with teeth along each edge grips the cap so the jar can be turned with one hand. It can be ordered from a rehabilitation mail order catalogue.



Pan Handle Holder. A pan handle holder makes pans stable and easy to stir at the range. This homemade holder is simple to make and can be attached to the range with suction cups or a magnet. The width of the center slot may vary with the size of the handles on your utensils.



On a small range, the space between burners is too small and the wood could burn. You can make a holder that will fasten to either side of the range. The slotted portion can be shortened or lengthened to accommodate the height of the handles.

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Kitchen Tongs. Kitchen tongs have many uses. Plastic cooking pouches can be lifted from the water. They can be used to turn meat easily in the frying pan.

Brush. A brush attached by suction cups at the side of the sink stays firmly in place while potatoes are washed with one hand. Hands can be scrubbed this way also.

Washing Glasses. A small dish mop attached to the sink with suction cups or a magnet enables you to wash glasses with one hand.

Support Strap. Someone who has a leg brace or needs crutches can use a strap around the hips to provide extra support while standing at the sink. This device can be ordered from rehabilitation mail order catalogues.

Storage

Energy saving techniques are most important for someone who has had a stroke or who tires easily. Proper storage is the key. Remove utensils you don't use often. Only a few really are needed.

Pull-Out Shelves. Pull-out shelves bring items from the back of cupboards right to you. They can be purchased inexpensively from hardware stores.

Drawer Dividers. Drawer dividers keep utensils organized.

Lazy Susans. Lazy susans come in all sizes and can be purchased from hardware stores. These swing boxes and jars from the backs of cupboards around to you.



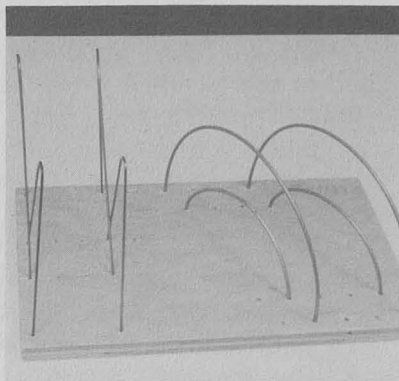
Vertical Files. Vertical files keep baking pans and kettles separated and easy to find. Stacked pans require a lot of lifting and searching for the pan you need.

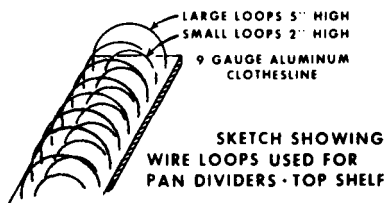
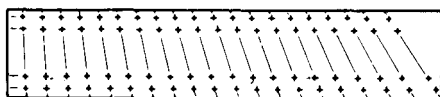
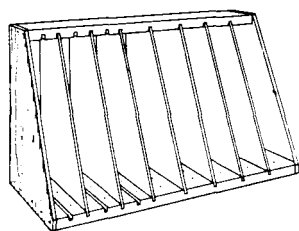
Vertical dividers can be installed directly into cupboards by making a groove in the shelves above and below. Another method is to nail narrow pieces of wood on the shelf to form a groove.

Dividers may be made of plywood, hard board, metal, thin crate wood, or any other thin material.

A file can be built like a box and then set into a cupboard if the cupboard itself cannot be used.

Another method is to use aluminum wire loops placed in holes drilled into the shelf or a piece of plywood. This works best for lightweight pans.





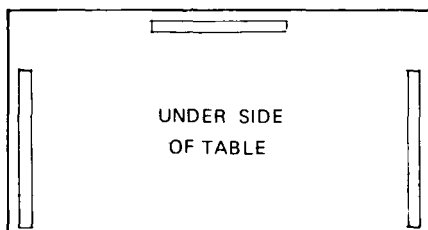
PLAN OF TOP SHELF SHOWING HOLE SPACING

The sketch shows how wire loops, 2 inches and 5 inches high, are inserted into holes in the shelf to separate and hold pans in place. The angle permits the storage of longer pans. The holes may be drilled at any interval you wish.

Sit Down Work Area. Sitting down to do many kitchen chores saves energy. Many kitchens do not have space for a sit down area, but you can make your own. A standard TV tray can be fitted with a large plywood top. With this large surface, you can cut out cookies, fold clothes, or do craft projects. A board may be placed over a drawer that fits over the knees or a bowl holder can be placed over a drawer to make mixing easier.

1½ x 6 inch block of wood
(for a "stop")

12" length of
one edge of
shiplap about
2" wide



12" length
of other
edge of
shiplap

MATERIALS NEEDED:

TV or snack tray and legs
One piece 3/8" plywood
approximately 20" x 25"
One 12" piece of shiplap

DIRECTIONS:

Cut a 2" strip from each of the grooved sides of the shiplap. This makes the grooved strips to slide the tray into. Nail these pieces to the underside of the plywood as far apart as necessary to permit the tray to slide easily into the grooves.

Nail a block of wood (approximately 1½" x 6") as a "stop" near the back edge of the plywood.

Finish with varnish, wax, or paint.

Chair. The chair should be comfortable and have good back support. Casters permit easy movement around the kitchen.

*Mail order houses for rehabilitation equipment:

- . Fashion Able
Rocky Hill, New Jersey 08553
- . Fred Sammons, Inc.
Box 32
Brookfield, Illinois 60513
- . Miles Kimball
41 West Eighth Ave.
Oshkosh, Wisconsin 54091
- . Rehabilitation sections of such catalogues as
Penneys, Sears Roebuck, and Montgomery Ward

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